IRON RESILIENCE — NO EQUIPMENT BODYWEIGHT ROUTINE

Rules

Train 1 day on / 1 day off 👉 Beginner
Train 5 days a week 👉 Intermediate
Train 6-7 days a week 👉 Advanced

Keep reps clean, stop 1–2 reps before (true) failure.

Rest 60 to 90 secs unless noted. Less rest is better for cardio and endurance.

Cardio (bike/steps) can be added after or separately

No sugary drinks, or snacks.

No fast food or junk food.

Note: AMRAP means as many reps as possible.

The Workout Routine As It Is

Push-ups

• 5×AMRAP

Half reps and quarter reps allowed in moderation. If it's too easy, do it at a slow tempo. Three seconds down. Pause. Three seconds up.

If you cannot do full push ups then:

Knee or Incline Push-ups: 2×AMRAP

Likewise if five sets are too demanding limit it to 2-3.

Ideally you want to aim for 300–400 reps of pushups in total. Or over a 24 hour period. Once that is reached add another additional 50-100 reps. Use a slower tempo. Or more advanced variations such as clapping push ups, one arm pushups (each arm), or feet elevated pushups.

You can do parallel bar dips in lieu of push ups with weight or without weight. Likewise you can use a weighted vest, plate or backpack to increase the difficulty of the push ups.

Close-Grip Push-ups or Tricep Dips or Bodyweight Tricep Extensions

• 4×12–20

Ideally you want to do 50-100 reps total of these. If you cannot do these then wait to try them once you reach 25+ reps on bodyweight push ups.

Hindu Push-ups or Dive Bomber Pushups
• 3-4×10–15

Core Circuit (3-5 rounds)
• Crunches × AMRAP
• Lying Leg Raises × AMRAP (Hanging Leg Raises if a bar is available)
• Low Plank × failure (weighted if possible and done while holding a stomach vacuum)

Pull Ups or Chin Ups
• 6–8 sets (3–12 reps each)

Add weight or do them one armed if it becomes too easy. Do negatives or assisted reps if it is too difficult initially.

Another option is to do:

Isometric Dead Hangs
• 3×30–45 sec

Bodyweight Squats
10×AMRAP

Pistol Squats (Assisted or Not)
3xAMRAP/ leg
You may also do reverse lunges, lunges, step ups, or bulgarian split squats.

Calf Raises (Single or Both Legs)
• 10×AMRAP

Weekly Volume (Goal Targets)

Push-ups: 300–400+/week

Pull-ups: 120–160+/week

Squats: 500–700+/week

Progression (Simple)

Add 10–20 reps per set weekly for legs, 10–15 for push exercises, and 1-5 for pull exercises.

OR

Add 1-2 extra sets when it feels too easy
OR

Slow the tempo
OR

Add weight, either by literally gaining weight therefore increasing the the workload, or by adding weight via a backpack, vest, or training partner.

Cardio

You should do cardio even when bulking, however, if you absolutely must gain mass then dial it back 25-50 percent of what you would at maintenance. Likewise do 25-50 percent more of what you would at maintenance for weight loss.

Novice:

Bike: 15–20 min moderate

Steps: 6,000–8,000/day

Intermediate:

Bike: 25–40 min

Steps: 10,000–12,000

Advanced:

Bike: 60–90 min

Steps: 12,000–18,000

Extreme Weight Loss:

Bike: 90–120 min

Steps: 18,000–25,000

⚠️ Training requires sleep, food, and stress control…

You can do elliptical, rowing, or jogging instead of the bike if preferred. Or even walk instead. However, the steps remain the same.

CALORIES & MACROS — SELF CALCULATING

STEP 1: MAINTENANCE

Use this formula:

Bodyweight (lbs) × Activity Multiplier

Beginner: ×14

Novice: ×15

Intermediate: ×16

Advanced: ×17

Elite: ×18–19

Dieting for fat loss: go 250-400 calories under maintenance

Dieting for weight gain: go 250-400 calories over.

This will always just be an estimation for the most part as daily caloric intake and burn will vary.

STEP 3: MACROS

Protein (non-negotiable):

0.8–1.0 g per lb bodyweight

Fat:

0.3–0.4 g per lb

Carbs:

Fill the rest with carbs

Higher activity = higher carbs

Example (195 lb, Advanced)

Maintenance: 195 × 17 equals 3,300 kcal

Protein: 180–195 g

Fat: 65–75 g

Carbs: remainder (high)

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